



Zuppa Vegana: Italian Potato, Bean, and Kale Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



233 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups vegetable stock (see note)
- 30 ounce pinto beans drained canned
- 1 teaspoon basil dried
- 0.5 teaspoon fennel seeds
- 1 piece rosemary leaves dried fresh crushed (or)
- 6 cloves garlic minced
- 6 ounces kale chopped (stems removed)

- 1 tablespoon nutritional yeast
- 2 cups onion chopped (1 large onion)
- 1 teaspoon oregano dried
- 1 pound potatoes cut into bite-sized pieces
- 0.3 teaspoon pepper red to taste (or)

Equipment

- blender
- dutch oven

Directions

- Heat a large, non-stick soup pot or Dutch oven.
- Add the onions and a tablespoon or so of water and “steam fry” until the onions soften, about 4 minutes.
- Add the garlic and cook for another minute.
- Add the broth, potatoes, beans, and herbs (oregano through pepper flakes). Bring to a boil, reduce heat, cover, and simmer until potatoes are just tender, about 15 minutes.
- Add the kale, cover, and cook 5 – 10 minutes, until kale is tender but still bright green.
OPTIONAL: For a creamier broth, remove about 1/2 cup of the potatoes and a little of the soup broth.
- Place them in the blender along with the non-dairy milk and nutritional yeast. Blend until smooth.
- Add blender contents to soup and stir well. Check seasonings, adding salt, pepper, and additional herbs to taste. Cook for a few minutes to heat through.
- Remove the rosemary stem before serving.

Nutrition Facts



PROTEIN 17.13% FAT 5.46% CARBS 77.41%

Properties

Glycemic Index:44.63, Glycemic Load:19.63, Inflammation Score:-10, Nutrition Score:23.487826015638%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.36mg, Isorhamnetin: 9.36mg, Isorhamnetin: 9.36mg, Isorhamnetin: 9.36mg Kaempferol: 14.23mg, Kaempferol: 14.23mg, Kaempferol: 14.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.81mg, Quercetin: 17.81mg, Quercetin: 17.81mg, Quercetin: 17.81mg

Nutrients (% of daily need)

Calories: 232.82kcal (11.64%), Fat: 1.47g (2.27%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 46.95g (15.65%), Net Carbohydrates: 36g (13.09%), Sugar: 7.24g (8.04%), Cholesterol: 0mg (0%), Sodium: 1657.19mg (72.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.78%), Vitamin K: 120.26µg (114.53%), Vitamin A: 3539.08IU (70.78%), Vitamin C: 47.33mg (57.37%), Manganese: 0.92mg (45.95%), Fiber: 10.95g (43.81%), Potassium: 937.19mg (26.78%), Vitamin B6: 0.48mg (23.98%), Phosphorus: 211.27mg (21.13%), Magnesium: 82.61mg (20.65%), Iron: 3.69mg (20.52%), Folate: 75.43µg (18.86%), Copper: 0.36mg (18.24%), Calcium: 177.25mg (17.73%), Vitamin B1: 0.2mg (13.23%), Vitamin B2: 0.17mg (9.9%), Zinc: 1.28mg (8.54%), Vitamin B3: 1.64mg (8.19%), Vitamin E: 1.13mg (7.51%), Vitamin B5: 0.53mg (5.32%), Selenium: 1.21µg (1.73%)